

Patrika

Chinmaya Mission Los Angeles

MARCH 2014

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CHINMAYA MISSION LOS ANGELES

Vedanta, Wisdom, Spiritual Growth

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Over Thirty Years Of Service To Humanity



Upcoming Events

Nav-din Parayan of Tulsi Ramayan with Swami Ishwarananda	Mar 31 - Apr 8	9:30 am - 12:30 pm (Sun, Apr 6: 3:30pm -6:30 pm)
Ramanavami Celebrations		
Cultural Events	Apr 5	2:00 pm - 6:00 pm
Essay Competition	Apr 5	2:00 pm - 6:00 pm
Art Competition	Apr 5	2:00 pm - 6:00 pm
Ramanavami Puja	Apr 8	6:45 pm
Music Concert by Padamja Sundaram	Apr 8	7:45 pm
Just for Seniors	Apr 10	9:00 am - 4:00 pm
Valmiki Ramayan Discourse Series with Swami Ishwarananda	Apr 14 - Apr 18	7:30 pm - 8:30 pm
Science of the Soul	Apr 19	8:15 am - 10:30 am
India Fest - New Year Celebrations	Apr 20	5:30 pm - 9:00 pm
Geeta Chanting & Speech Competition	Apr 26	8:30 am - 2:00 pm
Kalanjali —Kushal Das & Abhijeet Banerjee	Apr 27	6:00 pm

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Thus Spake The Master

Entire water of the sea can't sink a ship unless it gets inside the ship. Similarly, negativity of the world can't put you down unless you allow it to get inside you.

- Swami Chinmayananda

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THINK!

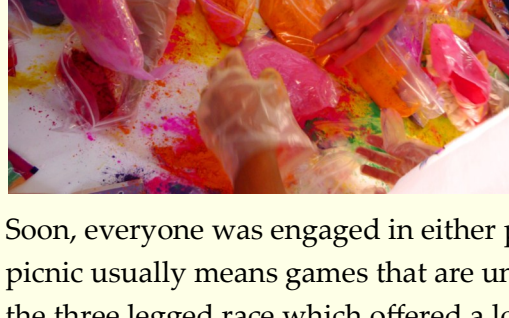
*World is vibrant when you trust your senses
Feelings are intense when you trust your emotions
Knowledge is revealed when you trust your teacher
Wisdom dawns when you trust your Guru
Freedom is here when you trust God!*

- Swami Ishwarananda

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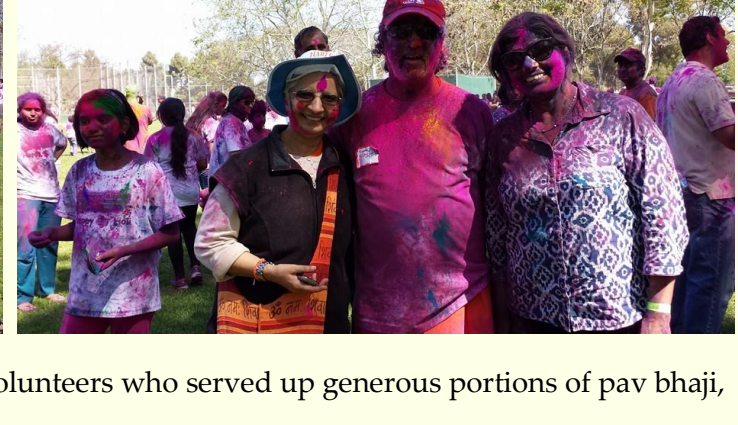
A Riot of Color in SoCal

It was a riot of color and laughter as a vast crowd of over 1,000 CMLA members, families and friends gathered to celebrate holi on a cool morning on March 16.



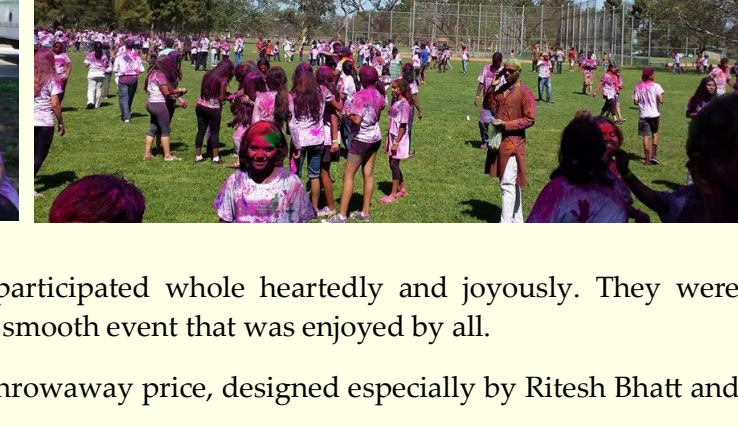
As attendees poured in, they went in through an efficient registration system that led into the park grounds where they exchanged warm greetings with others. Holi is among the events that pulls in all the far flung satellite centers of CMLA together and members hugged and exchanged genuine smiles as they connected in person instead of over emails and phone calls!

Soon, everyone was engaged in either participating in the games or actively cheering from the sidelines. The holi picnic usually means games that are uniquely Indian and this year too there were the sack, lemon and spoon and the three legged race which offered a lot of hilarity. And of course, there was the beloved sport of cricket.



Long lunch lines were competently moved quickly by volunteers who served up generous portions of pav bhaji, jalebi and Subway sandwiches.

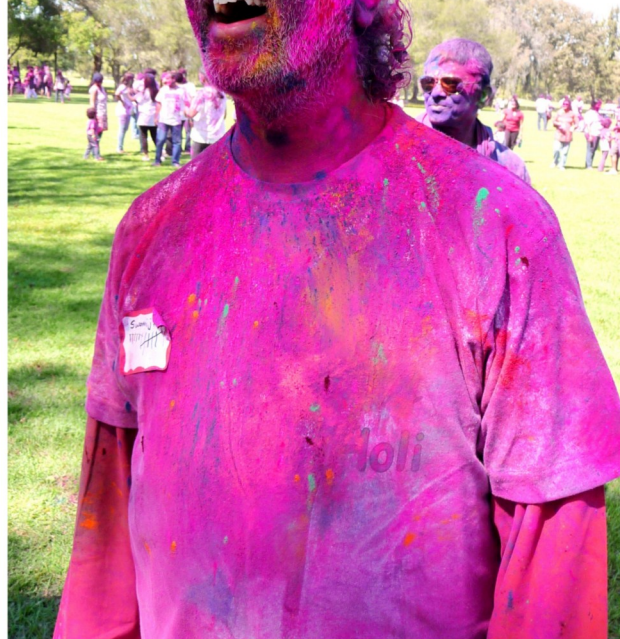
Then it was time for the central reason for the gathering, the holi colors. Dry color powder, which had been neatly packed by volunteers a month ahead of time were distributed. Soon, children were seen streaking around the park grounds looking like little rainbows and adults were equally enthusiastic, ambushing friends and laughing at the results of the multihued faces.



Both Swami Ishwarananda and Acharya Mahadevi participated whole heartedly and joyously. They were appreciative of the efforts of the volunteers in creating a smooth event that was enjoyed by all.

An added feature this year was the sale of t-shirts at a throwaway price, designed especially by Ritesh Bhatt and donated generously by Gaurav Bhargav, for the event.

FOR THE RECORD - BEFORE AND AFTER!



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CORD Walk-a-thon Draws Eager Participants

CORD USA and CMLA hosted one of its most successful annual Walk-a-thon events on March 16. The Walk-a-thon was held at the Mile Square Regional Park in Fountain Valley, the same venue where the holi picnic was being held.



Swami Ishwarananda and Acharya Mahadevi blessed the event with prayers and led the eager walkers. Swamiji kept a blistering pace and walked the ½ mile laps with ease, completing 12 of them.



More than 260 CMLA members had registered for the good cause and awesome 140 people actually walked to spread the word for CORD to raise awareness.

The registration fee was only \$10 per person to participate in the Walk-a-thon and for a chance to win one of the many raffle prizes. All of the prizes were donated by Vijay and Neema Raman, who have been big supporters of CORD for several years now. The prizes raffled included gift cards to itunes, various eateries and movie tickets.

While the Walk-a-thon was going on, there was also a yoga, ayurveda and kid's crafts activity stations conducted by Lali Peruvamba, Vidya Venkatesh and Shalini Pettrime, respectively.

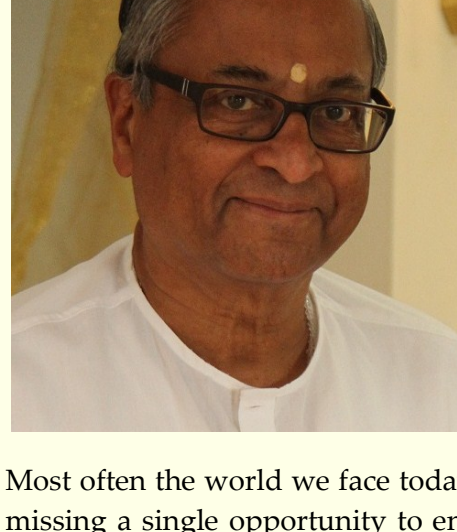


100% of the funds raised in the registration for this Walk-a-thon and donations given during this event will go towards CORD's cause in serving social and humanitarian needs in local communities, in the Indian subcontinent and Sri Lanka.

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Ten Simple Pointers on Getting Along With People

- by Kishore Athreya



Acharya Mahadevanji's satsang in Arcadia on "Simple ten step recipe for getting along with people and managing your life" was appreciated by all those who attended for the simple and practical tips that were given.

Life, he said, is full of challenges and many times we have to respond to these challenges but when responding, one must reflect and understand before making a decision or judgment. In this manner, one can make the best decisions possible without acting out of rash impulse or unnecessary anger.

Promises are often the cause of more trouble than good in household, nation, and the world. Hence, one must not make promises readily. But when a promise is made, it should be remembered that "a promise is a commitment that both sides expect to be fulfilled with mutual understanding."

Most often the world we face today is filled with negativity and discouragement. We must combat this by not missing a single opportunity to encourage others who have done good work, whether it is significant or not. Encouragement of this nature often yields better work and positive attitude in future tasks and goals.

The Bhagavad Gita refers to *trividham narakasya* which says that the three gateways to hell are lust, anger, and greed. Acharya Mahadevanji simplified the concept of how desires fulfilled leads to greed and how desires unfulfilled leads to anger through examples from the Mahabharata and Sri Krishna's life.

Many of these problems come from careless words uttered by individuals but, said Mahadevanji, one must also remember that the same tongue can also bring forth kind words. "Forgiveness and compassion are the greatest strengths of humanity," he said, as shown by Lord Rama, Krishna, Christ, Buddha.

Mahadevanji concluded by pointing out that self-reflection and receptivity of the mind allows one to ascend to a spiritually fulfilling life enriched with happiness, compassion, humility, and success in any pursuits.

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Kalanjali Season Debuts at Rameshwaram

Another season of Chinmaya Rameshwaram's Kalanjali music program debuted on Mar 29. It featured Prasad Upasani – a professional singer and teacher based in Southern California, in performance.

Upasani's renderings for the evening were in the Hindustani classical and light classical genres. He was accompanied by Rupesh Kotecha on the tabla and Narendra Kulkarni on the harmonium.

The opening piece was the vilambit bandish "Sadhe Sur Sadhe" in raag Suddha Kalyan, followed by madhyalaya bandish-ki-thumri "Bamana, Ek Saguna Bichar" in raag Tilak Kamod. Both of these pieces were rendered in a highly detailed manner, exhibiting great technical prowess.



The program continued with the Ganesh bhajan, "Ganapata Vighana Harana," and a Krishna bhajan, "Bhaja Gopal." To conclude, Upasani sang two beautiful Kabir bhajans: Man Laago Yaar Fakiri Mein and Ghat Ghat Mein Panchi Bolta.

Despite the brevity of the recital, through thoughtful and deliberate selection of the best compositions, Upasani created the true atmosphere of a full-fledged Hindustani music recital.

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